



## ***Eleusine Indica* for Food and Medicine**

Zikry Hamizan Md Zakri<sup>a</sup>, Monica Suleiman<sup>a</sup>, Shean Yeaw Nga<sup>a</sup>, Zainab Ngaini<sup>b</sup>, Salahaudin Maili<sup>c</sup> and Fatimah Salim<sup>d,e,\*</sup>

<sup>a</sup> Institute for Tropical Biology and Conservation, Universiti Malaysia Sabah, Jalan UMS, 88400 Kota Kinabalu, Sabah, Malaysia

<sup>b</sup> Faculty of Resource Science and Technology, Universiti Malaysia Sarawak, 94300 Kota Samarahan, Sarawak, Malaysia

<sup>c</sup> Department of Agriculture Sabah, Agriculture Research Centre, P.O. Box 3, 89207 Tuaran, Sabah, Malaysia

<sup>d</sup> Atta-ur-Rahman Institute for Natural Product Discovery (AuRIns), Universiti Teknologi MARA, 42300 Bandar Puncak Alam, Selangor Darul Ehsan, Malaysia

<sup>e</sup> Centre of Foundation Studies, Universiti Teknologi MARA, Selangor Branch, Dengkil Campus 42800 Dengkil, Selangor, Malaysia

**\*Corresponding authors: [fatimah2940@uitm.edu.my](mailto:fatimah2940@uitm.edu.my)**

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### **ABSTRACT**

*Eleusine indica*, a perennial herb that belongs to the Poaceae family, is locally known as “*rumput sambau*”. The species can be found in the tropical regions and it is the only species of *Eleusine* in Malaysia. In India, some parts of the plant such as the roots and the seeds are used as food and can be eaten raw or cooked. The young seedling is also used as a side dish with rice, while the seeds are sometimes used as a famine food. Although this grass is not considered as food in Malaysia, the local people utilise it to treat various ailments such as hastening the placenta delivery after childbirth, pain relieve for vaginal bleeding, asthma, fever, urinary infection, haemorrhoids, and tonic for flu related symptoms. Due to wide spectrum of traditional usage, a complete review of *E. indica* which focusing on food and medicinal perspectives is necessary to organize and evaluate its potential for further studies and commercial exploitation. The information on the species was collected from scientific journals, books, and reports searched through available databases such as Google Scholar, PubMed, Directory of Open Access Journals, Science Direct, Bioline International, and Reaxys. Contextually, the present review reveals that apart from the roots, the plant is relatively safe to ingest. It represents a rich source of nutrients and contains therapeutic phytochemicals such as flavonoids, steroids, essential oils, cardiac glycosides, coumarins, fatty acids, anthraquinones, anthrones, triterpenes, tannins, and alkaloids. Thus, *E. indica* can be considered as a natural reservoir for both food and medicine.

**Keywords:** Goosegrass, Nutritious food, Bioactive compounds, Ethnomedicinal uses, Pharmacological effects